



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Category - I Deemed to be University) Porur, Chennai

Several schemes and provisions exist in the university to promote women's access and empowerment as well as the health and well-being of women students, staff and faculty members. A snapshot of such provisions is given below:

International Women's Day Activities - March 2022

Kamalathmika – A women's wellness initiative for female employees and staff of SRIHER



Padmashri. Ms. Meenakshi Chitharanjan, an eminent Bharatanatyam dancer and teacher was honoured by Ms. Samyuktha Venkataachalam, Trustee, Sri Ramachandra Health and Educational Trust on 8th March during Women's Day celebrations. The event launched 'Kamalathmika', a women wellness initiative for the female employees and staff of SRIHER. The initiative included blood tests – thyroid, haemoglobin, pap smear, sonomammogram followed by Gynaecology consultation between 10th - 31st March. Poetry and meme competitions in English and Tamil were held for all faculty and students on the theme, 'Gender equality for a sustainable tomorrow' and 'Only one Earth'.

https://www.sriramachandra.edu.in/university/admin/images/newsletter/file/SRIHER_Newsletter-March_20221651467629.pdf



Kamalathimika: Wellness program for SRMC women staff and employees: Ms. Samyuktha Venkataachalam, Trustee, inaugurated Kamalathimika for staff/employees of SRIHER; wherein the employees can avail blood test, Pap smear and USG mammogram at subsidized cost of Rs.500. Departments and individuals came forward to sponsor those who could not afford. A total of 442 staff registered and availed Kamalathmika women wellness initiative and a significant number availed treatment at the earliest due to this initiative.

SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
SRI RAMACHANDRA CENTRE FOR WOMEN'S ADVANCEMENT

Cordially invites You for the
International Women's Day Celebrations

Gender equality today for a sustainable tomorrow



on 8th March 2022-Tuesday
VENUE: Central Library Auditorium

Master of ceremony: Dr.Arthi M, Assistant Professor, Department of Pathology, SRIHER(DU)

Program Schedule

02.00 pm-02.05 pm
Invocation Song and SRIHER Anthem

02.05 pm-02.15 pm
Welcome Address and International women's day theme

02.15 pm-02.25 pm
Special Address

02.25 pm-02.35 pm
Introduction of chief guest

02.35 pm-02.40pm
Felicitating the Chief Guest

02.40pm-02.50 pm
About Kamalatmika

02.50 pm-03.30 pm
Launch Kamalatmika and Chief guest address

03.30 pm-03.40 pm

03.40 pm-03.50 pm
Women's day competition announcement

03.50 pm-03.55 pm
Vote of Thanks

High Tea

Prof. Roopa Nagarajan
Academic officer and Chairperson SRCWA SRIHER (DU)

Prof. P.V.Vijayaragavan
Vice Chancellor SRIHER (DU)

Prof. Sridevi Padmanabhan
Department of Orthodontics and Dentofacial Orthopedics SRFDS, SRIHER(DU)

Prof. Usha Vishwanath
Head, Department of Obstetrics and Gynaecology and Secretary SRCWA, SRIHER(DU)

Padma Shri. Meenakshi Chitharanjan
Indian classical dancer, teacher and choreographer Founder, Kaladikha - School for Bharatanatyam, Chennai

Felicitating
Dr.Vijayalakshmi Thanasekaran
Former Prof Department of Chest & TB and Chief Advisor, SRCWA

Prof. Sandhya Sundaram
Head, Department of Pathology SRIHER (DU)

Prof. Radha Annamalai
Head, Department of Ophthalmology SRIHER (DU)

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SRI RAMACHANDRA FACULTY OF PHARMACY
in association with
ALUMNI CHAPTER OF PHARMACY

INTERNATIONAL WOMEN'S DAY 2022 CELEBRATIONS
Campaign theme

#Break The Bias. Imagine a gender equal world



On Tuesday, 8th March 2022
Time : 09.00 AM TO 04.00 PM
Venue: Dental Basement Auditorium, SRIHER (DU)

Registration link for contests : <https://bit.ly/3hJibUo>

Invocation, SRIHER Anthem
10.00 - 10.05 am

Welcome Address
10.05 - 10.10 am

Prof. K. Chitra
Principal Ve
Sri Ramachandra Faculty of Pharmacy
SRIHER (DU)

Felicitation & Inaugural address
10.10 - 10.20 am

Mrs. Jhanvi Lakshmi
General Manager (HR)
SRIHER (DU)

Introduction of the Chief Guest
10.20 - 10.25 am

Dr. K. Sujatha
Professor
Sri Ramachandra Faculty of Pharmacy,
SRIHER (DU)

Chief guest address
10.25 - 11.00 am

Mrs. K. L. Bagavathy Praveen
Founder & Managing Partner,
Plus Up, Chennai.
Topic: Empowering women through
Entrepreneurship in Pharmaceutical Industry

Vote of Thanks
11.05 - 11.10 pm

Dr. N. Vanitha Rani
Assistant Professor
Sri Ramachandra Faculty of Pharmacy,
SRIHER (DU)

Master of Ceremony
11.10 - 11.15 pm

Dr. C. Vinodhini
Assistant Professor
Sri Ramachandra Faculty of Pharmacy,
SRIHER (DU)

CONTESTS
(Dancing/Music/Mimicry/Collage Making/Skit)
11.15 am - 01.00 pm

Theme : Women empowerment through artistic lens

JUDGES

Dr. S. Vandhana
Assistant Professor, Department of oral pathology,
Faculty of Dental Science

Dr. V. Deepa Parvathi
Assistant Professor, Faculty of Biomedical Sciences, SRIHER (DU)

DEBATE (TAMIL)
01.30 - 03.00 pm

Topic : கார்போனா காலத்தில் பெண்கள் - சாதித்தார்கள் / சோதித்தார்கள்

MODERATOR

Dr. Muralidharan T. R
Professor & Head
Department of Cardiology, SRIHER (DU)

PRIZE DISTRIBUTION
03:00 - 03:00 pm

CONTESTS COORDINATOR

Dr. Shabna Roupal Morais
Assistant Professor
Sri Ramachandra Faculty of Pharmacy, SRIHER (DU)

STUDENT COUNCIL MEMBER

Ms. E. Aruna
Pharm.D, V year



Dept. of Obstetrics & Gynecology Nursing observed International Women's Day at G block OP on 8th March on the theme, 'Gender Equality today for a sustainable tomorrow'. An awareness programme was conducted for the participants in the form of quiz, song, skit, dance and a talk on 'Gender equality and women empowerment'.



Dept. of Community Health Nursing observed 'International Women's Day 2022' on the theme, 'Break the bias' on 8th March at the Govt. Primary Health Centre, Sorancherry. Dr. N. Kalpana, Medical Officer, Sorancherry Primary Health Centre inaugurated the program. A role-play highlighting the importance of women's health by II yr., Post Basic B. Sc. Nursing students was held. 100 people benefitted.



Sri Ramachandra Faculty of Pharmacy and its Alumni chapter organized events themed as "Break the Bias, Imagine a Gender Equal World" to commemorate the International Womens' Day on 8th March. The chief guest Ms. K. L. Bagavathi Praveen, Founder and Managing Partner, Plus Up, Chennai, delivered a lecture on 'Empowering women through entrepreneurship in pharmaceutical industry'. The event included competitions and debates. Cash prizes were awarded for the winners. 250 members participated.

Faculty of Physiotherapy organized a gender sensitization programme through the online mode on 14th February by Prof. Usha Vishwanath, Head, Dept. of Obstetrics and Gynaecology to sensitize all the students regarding gender issues, sexual harassment and reporting of the same on time to the higher authorities to prevent the repetition of the same. About 350 students including faculty members attended the program.



The Dept. of Nursing, SRH, organised a CNE on Women's Day on the theme, 'Women's empowerment' on 8th March. The event included motivational talk, debate, poster presentation, puppet show and mime. 87 nurses benefitted.

Dr. P.V. VIJAYARAGHAVAN
Vice-Chancellor
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Porur, Chennai-600 116

Sanitary Napkin Vending machines installed across campus for the benefit of women students, staff and faculty



The alumni chapter of Sri Ramachandra Faculty of Pharmacy sponsored an Automatic Sanitary Napkin Vending Machine (VenNap) worth Rs. 19500. The machine was inaugurated by Dr. Latha Ravichandran, Assoc. Dean (Education) and Prof. Ciddi Veeresham, Principal, Sri Ramachandra Faculty of Pharmacy on 17th Nov.

GPS Map Camera

Chennai, Tamil Nadu, India
24QV+QJ8, Sri Ramachandra Nagar, Porur, Chennai, Tamil Nadu 600116, India
Lat 13.039874°
Long 80.144233°
10/11/23 10:28 AM GMT +05:30

International Women's Day Activities - March 2023

DigitALL: Innovation and Technology for Gender Equality



The Dept. of Obstetrics and Gynaecology Nursing, SRFoN observed International Women's Day focusing on the theme 'DigitALL: Innovation and Technology for Gender Equality' at Antenatal OPD, SRH on 8th March. The event unveiled a theme song, Tamil poems, mimes and a quiz by IV yr. students of B.Sc. Nursing (Basic). 70 mothers benefitted.

Available in the public domain through the newsletter:

https://www.sriramachandra.edu.in/university/admin/images/newsletter/file/SRIHER_NEWSLETTER-MARCH_2023_compressed1687344669.pdf

Snapshots of programs to promote the health and well-being of women students, staff and faculty on campus

A one-day workshop on Pelvic Floor Rehabilitation – Hypotonus Dysfunction



Sri Ramachandra Faculty of Physiotherapy organised a one day workshop on 'Pelvic Floor Rehabilitation - Hypotonus Dysfunction' on 19th August. Mrs. Vimala Sudha Devi Thiruvengadam, (BPT 1993-1994) and Senior Physical Therapist/Supervisor, New York Spine and Sports Rehabilitation was the resource person. 40 delegates from various colleges and clinical practitioners participated.

Employee Screening Camp for Osteoporosis

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Sri Ramachandra Faculty of Physiotherapy
Celebrates

WORLD OSTEOPOROSIS DAY

EMPLOYEE SCREENING CAMP FOR
“OSTEOPOROSIS”

Bone Mineral Density Measurement

Osteoporosis Risk Assessment

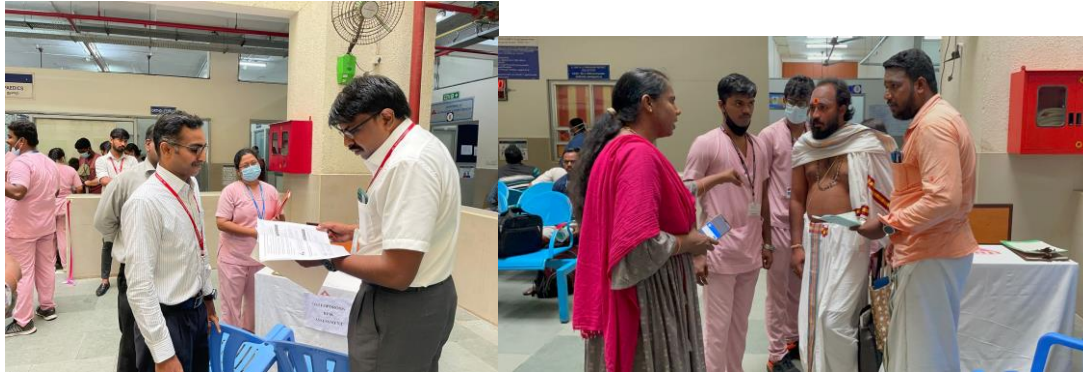
Exercise Counselling

20th October, 2022
Thursday,
from 09:00 am to 01:00 pm IST

G-Block Orthopaedics OPD
(Ground Floor)

Sri Ramachandra faculty of physiotherapy organized a screening camp for "Osteoporosis" on 20.10.2022 to commemorate World Osteoporosis Day 2022. The screening camp was held at the orthopaedic OPD, ground floor, G block of Sri Ramachandra hospital from 9 a.m. to 1 p.m. Dr. J K Giriraj, senior consultant, Department of Orthopedics, inaugurated the camp and addressed about importance of bone health among the participants. There were four stations in the camp venue – BMI estimation, calcaneal bone density evaluation, osteoporosis risk assessment, and exercise and counselling. Every participant was evaluated in each station, and those who were at risk of

osteoporosis were counselled and provided with live exercise demonstrations. A total of 109 participants, comprising employees of SRIHER benefited from the camp. The camp displayed various educational materials based on the International Osteoporosis Foundation theme for the year 2022, prepared by the post-graduates of the faculty of physiotherapy.



Breast Cancer Screening and Awareness program for employees of SRIHER



Department of Surgical Oncology & Faculty of Physiotherapy organised the Move a Step Front, Move the Risk Back - walkathon at moderate intensity for SRIHER Employees at TURF ground on the occasion of breast cancer awareness month - October 2022.

The inaugural speech was given by Dr. Jagadesh Chandra Bose, Prof. & Head of Surgical Oncology and Dr. Gowthaman, Professor, Surgical Oncology. Dr. B. Sathya Prabha, Associate Professor, Faculty of Physiotherapy welcomed the gathering and shared the theme of the day. Banners and posters on Breast Cancer Awareness were displayed.

60 Faculty and staff registered and participated in the walkathon. Pre-screening was done with vitals, physical activity readiness questionnaire and physical activity level screening using IPAQ. Participants were asked to walk at moderate intensity. The event was planned with a distance of -2.3km- 5.5 rounds in the TURF ground. Participants were divided into three groups.

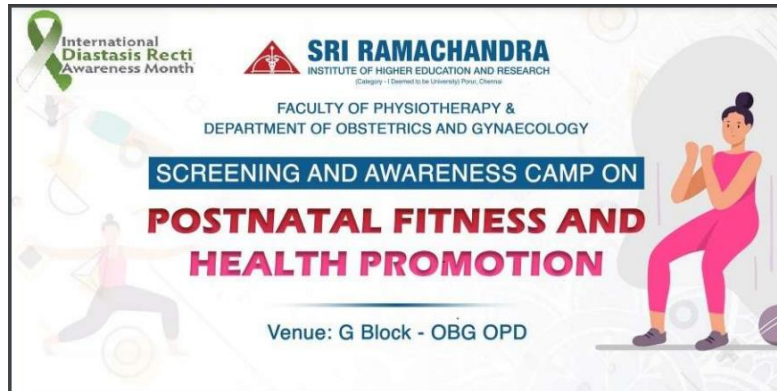
1. < 30 years;
2. 30- 40 years;
3. > 40 years

Dr R. Siva Kumar, Prof. & Principal, Faculty of Physiotherapy and Dr Jagadesh Chandra Bose, Professor & Head of Surgical Oncology flagged off the competition at 11 a.m. Dr. Nandakumar, Director, of the Physical Education Department coordinated the competition. Women's health Postgraduates and Interns supported pre-

screening and encouraged the participants in the event. Each group received a winner and runner trophy.



Postnatal fitness and health promotion among employees – 13-07-2022



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